

MAC Rising Star #1

Short Course

November 9 – 10, 2024



Markham Pan Am Pool

Brief Meet Information

MEET NAME	MAC Rising Star #1
DATE(s):	November 9 - 10, 2024 (Morning session only)
HOSTED BY:	Markham Aquatic Club
LOCATION:	Markham Pan Am Pool, 16 Main Street, Unionville, ON
FACILITY:	10 lanes, 2 x 25 meters pool, Swiss Timing System
PURPOSE & DESCRIPTION:	To provide racing opportunities Invitational Age Group Meet – 14 & Under, No qualifying standards All Events are Timed Finals
MEET PACKAGE:	The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS). o Interim Process: Approved meet packages, event files and entries upload will be found HERE
LAST UPDATE:	September 24, 2024

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Lisa Chow , Lea Chen , Alan Shumak, Harry Shardlow	officials@markhamaquaticclub.com	5
MEET MANAGER(S):	YY Wong + Stanley Liu + Jia Li	officials@markhamaquaticclub.com	
OFFICIALS COORDINATOR:	YY Wong	yywong@rogers.com	

Safety at Competitions

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada's General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or www.swimming.ca/safesport

The [Swim Ontario Concussion Management](#) & [Swimming Canada Event Photography and Videography](#) and Swim Ontario Event Photography procedures will be in effect. For complete details click [HERE](#).

Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

AGE UP DATE:	The competitor's age is as the first day of the competition November 9,2024
DIVE STARTS:	<p>As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows: from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from both ends</p> <p>and/or</p> <p>from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends</p> <p>and/or</p> <p>In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends</p>
d/DEAF AND HARD OF HEARING ACCOMMODATION :	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> ● non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as support staff. ● Visual Start hand signals given by the starter/referee. ● Visual Start Strobe Light options <ul style="list-style-type: none"> ○ Facility-Provided Strobe Light: An external strobe light is available at this facility ○ Personal Strobe Light: a personal strobe light from the swimmer's own club may be used with advance notice to Meet Management to determine compatibility with the starter unit. <p>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

Eligibility

All athletes must be registered as **Competitive** swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.

- **Interim Process:** Swimmers that have registered with their clubs and are in the entry file are permitted to attend. Deck entries, if permitted, will only be for swimmers already in the meet.
- For any new swimmers without a Swimming Canada ID, clubs will need to keep meet management informed when a swimmer is assigned an ID once fully Active in REMS.

**ADDITIONAL
ELIGIBILITY
INFORMATION:**

This meet is an Open Invitational.

Preference will be given to the host club first.

Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition and not be eligible for scoring or awards.

**COACH & SUPPORT
STAFF
REGISTRATION:**

Meet management will cross reference the **list of coaches submitted with entries** at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

○ **Interim Process:** Clubs will ensure that all attending coaches has signed an agreement with the club (contract, volunteer agreement)

Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.

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Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

○ **Interim Process:** Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations and provide the name(s) of the support staff.

**FOREIGN TEAMS /
COMPETITORS:**

The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.

- Foreign Teams and their competitors are welcome, subject to the following provisions.
 - **Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate.**
 - All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.
 - All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing.
 - All competitors and coaches must be in good standing with their respective governing swim body.
 - All foreign competitors and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other

	<p>document as deemed acceptable by Swim Ontario and shall be submitted with the Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate.</p> <ul style="list-style-type: none"> ○ Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.
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Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.</p> <ul style="list-style-type: none"> ○ Interim Process: Entries. Clubs will submit entries via an online form found HERE <p>Meet management will:</p> <ul style="list-style-type: none"> ● not accept entries via email; ● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; ● notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition <p>Failure to inform meet management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees. Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.</p>
ENTRY DEADLINE:	<p>The online entry deadline is October 28,2024 Monday Changes to entries will be accepted until October 30,2024 Wednesday</p>
ENTRY FEE:	<p>The following fees will apply for this competition: Individual Events: \$15 for below 200M events; \$20 for 400, 800 & 1500 Events Relay Events: \$25 ; Swimmer Fee: \$5 Payment Method: Please make the cheque payable to Markham Aquatic Club or by e transfer</p>
ENTRY LIMITS:	<p>The following limits are in place for this competition: The maximum number of participants per session is 760 The maximum number of entries per swimmer is 3 events + 1 relay event per session</p>
RELAY ENTRIES:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays. Relay swimmers must be entered in a non-relay event in order to compete.</p>
ENTRY TIMES & CONVERSION:	<p>No Time (NT) entries are not permitted. Estimate entry times are accepted. All entries are to be submitted in SCM times. Entry Times can be converted (i.e. LCM to SCM), please use the HY-TEK default conversion factor to convert LCM times to SCM times before submitting entries. Entries must be submitted using provable times (not converted), recorded during the qualifying period. Please submit times in the course achieved. Times achieved since (Qualifying Period): January 1, 2023 Times will not be converted by meet management.</p>

Schedule of Sessions

Session #	Date	Warm-up period	Start of session	Approx. Finish of session	Time Final/Heats /Finals
1	November 9, 2024 Saturday AM	8:00AM – 9:00AM Age 14 & Under	9:10AM	1:40PM	Time Finals
2	November 10, 2024 Sunday AM	8:00AM – 9:00 AM Age 14 & Under	9:10AM	1:40PM	Time Finals

Meet Management reserves the right to change warm-up session times and 2 warmups will be split by club.

Diving lanes will be open for the last 10 minutes of warm- up- one-way swimming.

Back Stroke Ledge will be located at West END Lane 0 during warm up.

Meet Format & Administration

MIXED-GENDER:	<p>An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.</p> <p>In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.</p> <p>In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p>
SEEDING:	<p>After all times are converted as pursuant to the conversion process: Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded last. with the exception of Distance Events which will be seeded fastest to slowest.</p>
DECK ENTRIES:	<p>All accepted Deck Entries are Exhibition Only and are not eligible for scoring or awards. No new heats will be created for deck entries (only empty lanes, if available). The following are the Deck Entry Rules for this competition:</p> <p>Only event deck entries are permitted for swimmers already entered in the competition. Fee: \$25 payable in cash to Admin Desk prior to the event</p> <p>Swimmer Deck entries are NOT permitted if they have not already entered in the competition.</p>
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk. Relay Cards are available at Meet Management Office The Relay Name submission deadline is 30 mins before the start of the session.</p>
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition. There is no scratch deadline for all events. There is a Positive check in for the following events: Distance Events - 400/800/1500 and Relay Events Positive check-in deadline is to be made at the Admin Desk 30 minutes prior to the start of each session.</p>

PENALTIES:	No penalty shall be imposed for late or day of scratches and No-Shows
OFFICIAL SPLIT TIMES:	<p>Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee at least 30 minutes prior to the commencement of the session in which the event will take place.</p> <p>Official Split Forms are available at the Admin Desk. Not all Official Split requests can be accommodated.</p>
RECORDS:	Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca</p> <p>Unofficial Results will be posted at the meet. Unofficial mobile applications results will be available. Unofficial Live Results will be available.</p> <p>○ Interim Process: Competition Results Interim Process</p>
SCORING:	No Scoring
AWARDS:	<p>The following will be awarded:</p> <p>Individual events – Ribbons from 1st to 3rd place for age groups 10 & Under, 11-12 and 13-14</p> <p>Relay events – Ribbons from 1st to 3rd place for 11 & U and 12 -14</p> <p>Coaches please pick up awards prior to leaving – awards will NOT be mailed</p>
Hospitality:	Grab and go lunch boxes will be provided to those coaches and officials working back-to-back sessions
Officials:	If any registered officials from each attending club are interested in officiating, please send an email to yywong@rogers.com
ADDITIONAL INFORMATION:	<p>Onsite Parking is limited. Extra parking space will be available at Unionville GO Station.</p> <p>All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area.</p> <p>Lockers are available but limited; please bring your own lock.</p> <p>NO FOOD or DRINK ON DECK except for water. There are 2 fill stations and fountains on the pool deck. Concession vendor is available at the Lobby.</p> <p>Nearby Amenities:</p> <ul style="list-style-type: none"> • Restaurants • Grocery Stores (T&T and Whole Foods have readymade food) • Tim Hortons

SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device.

400 Free may limit to top 6 heats.

*400 IM may limit to top 4 heats

** 800 / 1500 Free may limit to top 3 heats / 1 heat

##Meet Management reserves the right to limit heats or to cancel the relay to keep session within time constraints.

Positive check-in is required 30 minutes before the start of session for 400, 800 + 1500 events and relays.

Session 1 – Saturday Morning November 9, 2024

Warm UP: 8:00 AM – 9:00AM Start: 9:10AM

GIRLS 14 & U	EVENTS	BOYS 14 & U
101	11 & Under 200 Free Relay ##	102
103	12-14 200 Free Relay ##	104
1	Mixed 400IM *	1
3	200 Freestyle	4
5	50 Freestyle	6
7	10 & Under 25 Freestyle	8
9	100 Backstroke	10
11	200 Breaststroke	12
13	50 Breaststroke	14
15	10 & Under 25 Breaststroke	16
17	100 Butterfly	18
19	10 & Under 100 IM	20
21	Mixed 800 Freestyle ** (Limit to top 30 swimmers)	21

SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device

400 Free may limit to top 6 heats.

*400 IM may limit to top 4 heats

** 800 / 1500 Free may limit to top 3 heats / 1 heat

##Meet Management reserves the right to limit heats or to cancel the relay to keep session within time constraints

Positive check in is required 30 minutes before start of session for 400, 800 + 1500 events and relays.

Session 2 – Sunday Morning November 10, 2024

Warm UP: 8:00 AM – 9:00AM

Start: 9:10AM

GIRLS 14&U	EVENTS	BOYS 14&U
103	11 & Under 200 Medley Relay ##	104
105	12 – 14 200 Medley Relay ##	106
22	Mixed 400 Freestyle #	22
23	200 Butterfly	24
25	50 Butterfly	26
27	10 & Under 25 Butterfly	28
29	100 Freestyle	30
31	200 Backstroke	32
33	50 Backstroke	34
35	10 & Under 25 Backstroke	36
37	100 Breaststroke	38
39	200 IM	40
41	Mixed 1500 Freestyle ** (Limit to top 10 swimmers)	41